SPENCER, HEIDI IN THE RED
HILLS STARS BLEW $10 MILLION {page 19}

A NEW SPIN ON SUPER POWERS
MOVIE MAKES WAY FOR VILLAIN {page 14}

HAIR
STEELER TALKS TRESSES
SCENE {page 17}

OTTAWA metro®
Thursday, November 4, 2010
www.metronews.ca
News worth sharing.

Leak sessions rile vets' staff

Veterans Affairs minister promises tougher sanctions, including dismissal, for those who break privacy rules in the future

Information sessions to school bureaucrats on the handling of personal information have prompted a backlash among staff at Veterans Affairs, who fear they're being used as scapegoats in the privacy scandal that's rocked the department.

Leaked copies of internal department electronic messages, obtained by The Canadian Press, show that one regional manager described the mandatory gatherings as "a farce."

"It's quite sad and it appears senior levels of management in the government haven't learned anything."
NEW DEMOCRAT VETERANS CRITIC PETER STOFFER

He dismissed them as an attempt by senior officials in Ottawa to deflect responsibility for the privacy invasions involving critics, such as former intelligence officer Sean Bruyea and ex-military nurse Louise Richard.

The comment — attributed to Ian Watchman, head of audit and evaluation based in P.E.I. — questioned the value of an information session. THE CANADIAN PRESS

Scotiabank Place. It's a doggy dog world

▶ Cesar Millan, the Dog Whisperer, shares his insights on dog psychology at Scotiabank Place last night.

MARC DESROSIERS/FOR METRO

Celebrity trainer puts on the dog for Ottawans

World-renowned, self-taught professional dog trainer Cesar Millan appeared at a sold-out show at Scotiabank Place last night. Millan, who is widely known for his television series The Dog Whisperer, is also the founder of a dog psychology centre and a New York Times bestselling author. The show was set in Millan's home — where he teaches the audience about how the everyday things we do in our homes can grow into behavioural issues — and in a dog park, where he demonstrated the importance of energy and leadership.

News

PM's wife appeals to Iran leader

- Laureen Harper, Indigo president call for release of woman sentenced to death
- Quebec court overturns common-law alimony decision {page 8}

Book recalls premier's struggle

Author chronicles work, war of Danny Williams {page 4}

Plenty on the big screen for holiday season

Blockbusters, family classics, award contenders grace the movie theatre {page 18}

The softer side of Johnny Reid

Country singer talks on his time in Ottawa {page 6}

Buying old, dressing new

Chateau Laurier hosts Vintage Clothing Sale {page 3}

MATTAMY homes

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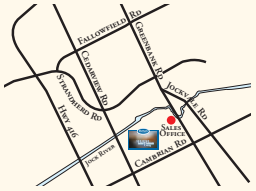

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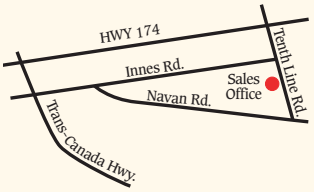

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Councillors get lesson in budgets

The importance of understanding and working within a budget was the bottom line yesterday for Ottawa's newest city councillors.

Budget 101 was yesterday's topic of discussion as councillor boot camp continued at Ottawa City Hall.

"My initial impression is that our city treasurer did a great job of giving us an A to Z version of how the budget works," said Keith Egli, newly elected councillor for Knoxdale-Merivale.

"Today's budget talks are important and essential ... because we have to have one ready for April."

Councillors around the table voiced their opinion about any proposed budget increases under mayor-elect Jim Watson.

"I certainly want to see a lot more accountability from staff at budget time and a real defence of the expenses that they may want to incur on behalf of the city taxpayer," said Egli.

"There is a view by some that we should go line by line through (the) budget, instead of passing a big omnibus motion."
COUNCILLOR-ELECT STEVE BLAIS

Fellow rookie councillor-elect Steve Blais already has experience working with large budgets, from his time as the Catholic school trustee for Orleans and Cumberland.

"We can always make improvements and there are some options in terms of a balanced score card or multi-year budgeting which may be something we can look at in the future," said Blais, the new councillor for Cumberland ward.

This week, Ottawa's newly elected councillors are attending an orientation session run by Rick O'Connor, city clerk and solicitor from the city manager's office. It wraps up today. MIKE BEASLEY

Everything old can be new again

Organizer sees fur coats, belts, hats and party dresses being big this year Tuxedos, suits for guys

TRACEY TONG
@METRONEWS.CA

A few decades ago, Penelope Whitmore began dressing in vintage clothing as a student at the University of Ottawa. It wasn't as popular as it is now.

"I wore vintage because it was affordable and the quality was there," she said.

"They were different and one of a kind, but it wasn't trendy."

Wanting to share her love of vintage clothing and accessories, Whitmore and a friend started the Vintage Clothing Sale at the Chateau Laurier.

Twenty-six years later, the exhibitors at the show — which runs from 10 a.m. to 5 p.m. at the Chateau Sunday — have more than doubled, and thousands of vintage lovers are expected to attend one of the most highly anticipated fashion events in the capital.

"Years ago, I found a long velvet hooded opera coat ... with rabbit fur. It's in mint condition and I love it because when I put it on, I feel special."
PENELOPE WHITMORE, VINTAGE SALE FOUNDER

Although the demand for vintage has gone up, Whitmore remains picky about the goods she allows into the show.

"People are always on the lookout for something different," said Whitmore.

"With vintage, you won't see 10 of one thing, you'll see one of them."

And it's likely at a price you can't resist, she said.

TRACEY TONG/METRO

▶ Sharona, of Sharona's Closet, helps Ottawa resident Emily Shumborski, left, choose a hat at the Ottawa Vintage Clothing Show last year. "The motto is, 'you snooze you lose,'" said show founder Penelope Whitmore. "If you see something and you really want it, think about it. Often, people leave, come back and the item is gone and they're sad."

1 news

Experts ask if UN troops are behind Haiti's lethal cholera outbreak. Scan code for story.

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Why is it so easy for politicians to get themselves in trouble on Twitter? More at metronews.ca/spindoctor

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HUNGER

Food bank seeks holiday help

The Ottawa Food Bank is challenging workplaces to help families and children in need during the holiday season.

The food bank's flagship holiday food and fund drive, Drive Away Hunger, asks workplaces to collect food and raise funds now through Dec. 23. Last year's drive saw nearly 400 organizations raise $200,000 for the food bank. The goal is to have 500 local organizations involved this year.

"I'm always impressed by the number of businesses and organizations that support Drive Away Hunger," said Ottawa Food Bank executive director Peter Tilley. "With rising hydro costs and the arrival of colder weather, this winter will present challenges for emergency food services." Donations can be made at theottawafoodbank.ca.

TRACEY TONG

CONTRIBUTED

▶ Bollywood for Fun dancers will perform at the Diwali festival in central Ottawa tonight.

Ottawa lights up for Diwali

This weekend, Ottawa's Indian community is celebrating Diwali, the Festival of Lights.

A major Indian festival, Diwali symbolizes the victory of good over evil and is a time of celebration and hope for humankind.

The central Ottawa community is marking the event with the Hintonburg Economic Development Committee's fourth annual Hintonburg Diwali Party tonight. Held from 6 to 7 p.m., at Somerset Square at Somerset Street at Wellington Street, the party includes Pooja, a Hindu religious ceremony, music, and the lighting of sparklers. Traditional foods, including ladoo, or sweets, and pakoras will be served. The event will be cancelled in the event of rain.

TRACEY TONG

Inside Danny's war with Ottawa

JOE LOFARO/FOR METRO

▶ Bill Rowe is in town this week to promote his new book, Danny Williams: The War with Ottawa.

Author details Accord negotiations between N.L. premier, PM Martin

JOE LOFARO
OTTAWA@METRONEWS.CA

It's been five years since Bill Rowe was in Ottawa, but now he is back promoting his memoir, which he describes as a "warts on all portrayal" of those involved in the Atlantic Accord negotiations between Newfoundland Premier Danny Williams and Paul Martin in 2004.

Danny Williams: The War with Ottawa divulges the details of those meetings.

Hired as Williams' representative in Ottawa, Rowe worked with MPs to get the prime minister to keep his promise of allowing Newfoundland to retain 100 per cent of its offshore oil revenues without clawbacks on their equalization payments.

"There was tremendous sympathy ... for Newfoundland's position," said Rowe. A deal was reached in 2005 but not without drama.

"Canada thrives as the best country in the world ... because of the terrible inherent tensions that exist between the provinces and the federal government that keeps everybody on their toes."
AUTHOR BILL ROWE

Rowe wrote that Martin hammered his fists on the table and walked out of the office after 10 hours of negotiations. "That was the kind of histrionics that were going on, sort of Oscar-winning performances that were being performed," said Rowe.

Rowe thinks everyone wants to know about the "big, fragile egos bouncing off each other."

Meeting to mull fate of heritage building

The future of a heritage building on Richmond Road will be a hot topic of discussion at a public meeting tomorrow night in Westboro.

The 135-year-old Sisters of the Visitation convent at 114 Richmond Rd. is a protected heritage building, but the developer and owner, Ashcroft Developers, wants to incorporate it into a commercial high-rise project.

Many Westboro and Kitchissippi ward residents oppose plans for commercial outlets and high-rise buildings around the walled convent.

Ashcroft intends to build 600 condominiums and a slew of apartments in three high-rise buildings around the historic structure. The discussion at tonight's meeting will focus on Section 37 of the city's Planning Act, which is the creation of an agreement where Ashcroft would provide facilities, services or other community amenities in return for the increases in height and density to their proposed buildings.

MIKE BEASLEY

7-9 p.m.
Tonight's public consultation session, held at Notre Dame High School Auditorium at 710 Broadview Ave.

For those without a Metro the forecast calls for "I dunno," with a slight chance of "huhhhh?"

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Country singer returns to his 'soft spot' city

'It's been a very humbling experience to see how many people connected with (my) album': Reid

TRACEY TONG
@METRONEWS.CA

TRACEY TONG/METRO

Johnny Reid is headlining at least six Canadian festivals in 2011.

Country music singer Johnny Reid has a soft spot for Ottawa. In an interview to discuss his concert at Scotiabank Place tomorrow night, Reid immediately brings up his time in the capital.

"I lived in Nepean at Greenbank and Baseline in 1999," Reid says. "My wife and I decided to move away and Ottawa was so beautiful. We got to know a lot of people. The only reason I left was because I had an opportunity to become a songwriter in Nashville. But I love everything about Ottawa. To come back and stand on Parliament Hill (he was a headliner at the Canada Day show) and now, on such a big stage this Friday is a real treat."

Reid and his 12-piece band will be performing songs from his latest album, A Place Called Love, which has enjoyed seven weeks at the top of the charts.

"Every single song on that album has deep meaning for me, my family and friends," says Reid.

The title of the album alone is significant for him, he said. During the time that he wrote the album, his grandmother passed away, and his daughter, Ava Margaret, was born. These experiences "made me believe in a place called love," he said.

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KKK party prank just stupid, not criminal: Police

A Ku Klux Klan costume awarded first prize at a Halloween party at a Royal Canadian Legion was "poor judgment," but not criminal, police said yesterday.

A man dressed in a KKK robe, complete with hood and a Confederate flag on his back led another man in blackface around by a rope tied in a noose around his neck at the Halloween party in Campbellford, Ont., Saturday.

A witness said the act was awarded top honours.

OPP Const. Chris Dewsbury said police received a complaint and launched an investigation.

CANADIAN PRESS HANDOUT

▶ Photos of the costume were splashed across websites and TV screens.

"I find it appalling, but it's not something that's indicative of our community."
TRENT HILLS MAYOR HECTOR MACMILLAN

So far it seems unlikely criminal charges will be laid, but the investigation is ongoing, Dewsbury said.

"It would appear that this is simply a case of poor judgment," he said.

Legion branch president Joy Herrington has said she apologizes and the events at the party in no way reflect the views of the eastern Ontario legion branch or its members.

Patricia Varga, Dominion president of the Royal Canadian Legion, said from Ottawa that she "sincerely regrets" the incident.

"I am satisfied that the president (of the) Ontario command of the legion has handled this matter in a forthright and speedy manner since finding out about it," Varga said.

THE CANADIAN PRESS

Indonesia. Terror rains from the sky

▶ Women scream and children cry as they are loaded into trucks as Indonesia's "Fire Mountain" explodes.

SLAMET RIYADI/THE ASSOCIATED PRESS

Save the little victims

Searing gas and molten lava poured yesterday from Indonesia's deadly volcano, Mount Merapi, in an explosion three times as powerful as last week's devastating blast. Soldiers loaded women and crying children into trucks while rocks and debris rained from the sky. More than 70,000 people have been forced from their homes, 38 have died.

Doomed by HST, premier steps down

B.C.'s Campbell says 'it's time for a change' after disaster over tax

JONATHAN HAYWARD/THE CANADIAN PRESS

British Columbia's premier, Gordon Campbell, is stepping down.

His announcement follows the disastrous introduction of the harmonized sales tax.

Campbell said he has asked for a leadership convention as soon as possible because voter anger over the unpopular tax has bogged down his government.

"After considerable soul searching and discussion with my family, I've decided to ask the B.C. Liberal party executive to hold a leadership convention at the earliest possible date to elect a new leader of the party," Campbell told reporters.

"When public debate becomes focused on one person, as opposed to what's in the best interests of the province of British Columbia, we've lost sight of what is important.

"When that happens, it's time for a change," Campbell said.

"Politics can be a very nasty business and at times that nastiness spilled over into their own personal lives. For that, I am sorry."
GORDON CAMPBELL

The introduction of the HST has been a disaster for the B.C. Liberals.

Campbell's popularity has dropped into the single digits for the first time in three terms.

THE CANADIAN PRESS

From a galaxy far far away, a 3-D reality

Scientists say they have taken a big step toward displaying live video in three dimensions — a technology far beyond 3-D movies and more like the Star Wars scene where a ghostly Princess Leia image pleads, "Help me, Obi-Wan Kenobi."

In that classic movie, the audience sees her back before a new camera perspective shows her face.

Such a wraparound view of a moving image was just movie-trick fantasy in the 1977 film, but now?

"It is actually very, very close to reality. We have demonstrated the concept that it works. It's no longer something that is science fiction," said Nasser Peyghambarian of the University of Arizona.

Actually, the results he and colleagues report in the journal Nature look more like a slide show than a video.

In experiments, the technology displayed a new image only every two seconds.

That's only about one-sixtieth as fast as the system would need to produce true video.

But Peyghambarian figures that with more development — and more cameras — his team can produce a true 3-D video screen that might reach living rooms in perhaps a decade. And you wouldn't need those funny glasses to enjoy it.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

▶ A hologram of Princess Leia appears in the 1977 Star Wars film.

Future is now

Backers say 3-D offers other possibilities besides entertainment.

- **Health:** It might allow doctors in multiple places around the world to collaborate on live surgery.
- **Advertising:** The technique could produce eyecatching ads at shopping malls.
- **War:** It could help the military train troops.

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PM's wife, head of Indigo appeal to Iran leader

Foreign Affairs minister has said Canada is concerned about lack of due process in Ashtiani's case

MARIA BABBAGE/THE CANADIAN PRESS

▶ Laureen Harper

Prime Minister Stephen Harper's wife Laureen and Indigo president Heather Reisman have sent an open letter to Iran's president, calling on him to release a woman facing execution.

The letter to Mahmoud Ahmadinejad says they are troubled by the flagrant disregard for women's rights in Iran.

A Germany-based rights organization reported this week that the hanging of 43-year-old mother Sakineh Mohammadi Ashtiani was imminent.

Harper and Reisman said the woman's case is "an affront to any sense of moral or human decency and is symbolic of the plight of Iranian women."

THE CANADIAN PRESS

Coercion?

- **Mohammadi Ashtiani** was originally sentenced in July to death by stoning on an adultery conviction, but the sentence was suspended following an international outcry.
- **Later**, she appeared on Iranian television confessing to both adultery and the murder of her husband. Her lawyer has said she was tortured beforehand.

Horse. Epidemic

▶ Karen Moser spends some time with 25-year-old Baxter, who is recovering from pigeon fever, a bacterial infection that inflicts horses with exterior abscesses.

DARREN HANDSCHUH/THE CANADIAN PRESS

Pigeon fever ravages B.C.'s horses

Equestrians in the British Columbia Interior are panicking after many of their horses have developed abscesses as large as basketballs that ooze buckets of pus. Kelowna veterinarian Sheila McDonald says a highly contagious disease called pigeon fever is to blame and has affected hundreds of horses.

Canadian dropout rate falls in proportion to global trend

The high-school dropout rate has fallen dramatically in the past 20 years, from 16.6 per cent to 8.5 per cent, Statistics Canada said yesterday.

A report by the agency found that 191,000 young people aged 20 to 24 had not completed a high-school education and were not attending school in 2009-2010. That's a big drop from the 1990-91 figure of nearly 340,000.

While the numbers are encouraging, there are pockets of concern. The rate for First Nations people living off reserve is 25.8 per cent, and the unemployment situation has become increasingly grim for all high-school dropouts in the past few years.

Paul Cappon, president and CEO of the Learning Council of Canada, says Canada has a long way to go to compete with some other countries, such as Norway.

"The dropout rate from high school in Canada is still no better than the average of other OECD countries — the rate has been going down in all countries," he said from Berlin.

THE CANADIAN PRESS

"Congratulations are in order for some ministers of education, particularly in the Atlantic region, where rates traditionally in the '70s and '80s were among the highest in the country."

PAUL CAPPON, PRESIDENT AND CEO OF THE LEARNING COUNCIL OF CANADA

Unwedded still have to pay: Que.

Quebec's top court rendered a decision yesterday that could affect more than one million Quebecers, paving the way for common-law spouses to obtain alimony when they split from their partner.

The Quebec Court of Appeal ruled that a provision in the Civil Code dealing with alimony discriminates against common-law spouses because it deprives them of a right that is guaranteed to married couples.

The court was ruling on one specific case involving an unmarried woman who was denied the right to alimony from her wealthy ex, who is a prominent businessman.

His lawyers argued successfully in Quebec Superior Court he did not owe her alimony because they were never legally married. The appeals court has given the government one year to replace the provision in the Civil Code.

Justice Julie Dutil wrote in yesterday's judgment that 1.2 million Quebecers were involved in common-law relationships in 2006.

That represented about one-third of all couples in the province.

THE CANADIAN PRESS

High stakes

- The wealthy defendant testified he told the woman during their relationship he didn't believe in the institution of marriage.
- The woman was seeking a monthly payment of $56,000 for herself, a share of the family estate and a lump sum payment of $50 million.
- The businessman, who is now 51, argued he bought her a $2.5-million home and paid many of her other bills, which totalled more than $200,000 in 2008.

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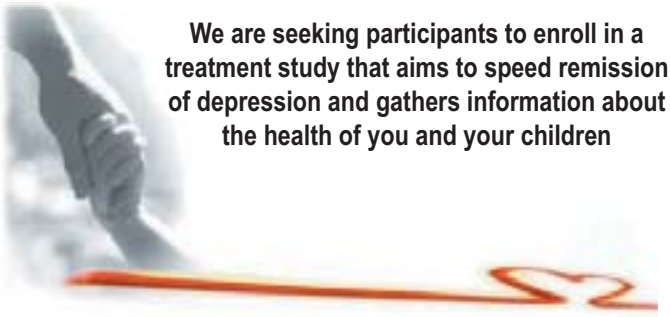

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BENSONKUA

White wonderland in Canada

Today's photo of the day is by Canadian Bensonkua and was submitted in the Favourite Spot category. The photo is titled Freshly Fallen. Enter your photos today and view more pictures at metrophotochallenge.ca.

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Market moment

Natural gas 1,000 cu. ft.	TSX	Dollar	Oil
$3.836 (– 3.4¢)	– 10.3 (12,671.12)	+ 0.26¢ (99.32¢ US)	+ 79¢ US ($84.69 US)
Gold contracts $1,337.60 (– $19.30)			

U.S. ECONOMY

Fed acts on interest rate

The U.S. Federal Reserve announced a bold plan yesterday to try to invigorate the economy by buying $600 billion US more in Treasury bonds.

The Fed said it would buy about $75 billion a month in long-term government bonds through the middle of 2011 to further drive down interest rates on mortgages and other debt.

The idea is for cheaper loans to get people to spend more and stimulate hiring.

The Fed said it will monitor whether adjustments are needed.

THE ASSOCIATED PRESS

Best to travel light on WestJet

WestJet Airlines will begin charging a $20 fee for a second checked bag on flights on or after Jan. 19 in a search for new revenue sources as it begins to pay a dividend for the first time. THE CANADIAN PRESS

Former Biovail CEO to appeal

Ottawa Senators owner Eugene Melnyk is appealing an Ontario Securities Commission ruling that found he acted contrary to the public interest in 2003 while he was CEO of Biovail Corp. THE CANADIAN PRESS

Xbox Kinect heads into virtual territory

MICHAEL LOCCISANO/GETTY IMAGES

▶ Mark Wahlberg plays "Kinect Sports" at the Kinect For Xbox 360 launch yesterday in Times Square in New York City.

▶ No controller needed ▶ Took more than a dozen years of research

Gamers may be drawn to Xbox's Kinect by the lure of putting down a controller and orchestrating the action on screen themselves.

The Kinect sensor, which goes on sale today for $149.99, will have gamers gyrating in front of a screen as they negotiate roaring rapids, spike a volleyball, bust a move, tickle a tiger, or burn some calories.

All without a controller, thanks to Kinect's sensor which translates body movement into game action.

But Microsoft sees the bigger picture with Kinect, bringing voice recognition and a new form of technological interaction into the living room.

Kinect creative director Kudo Tsunoda sees it as "just the very first baby step" into a fully immersive experience where you interact with a virtual world in the same way you do in your regular life.

"You're able to start interacting with a virtual world in the same way you interact with things in your regular life."

KUDO TSUNODA, KINECT CREATIVE DIRECTOR

Games can respond to the player's voice or movement, remember who he or she is and react accordingly.

"Besides the innovations we can bring with Kinect in the short term, there really is a much bigger picture where Kinect is going, not just on Xbox but just in how human beings interact with technology all across the board," said Tsunoda. THE CANADIAN PRESS

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Molson's market share on rise

SHAUN BEST/REUTERS

▶ CEO Peter Swinburn

Molson Coors Brewing Co. grew its share of the Canadian beer market in the summer even though it raised prices amid continuing economy uncertainty.

The Montreal and Denver-based company's Canadian market share grew by about one full share point as its volume increased by 2.5 per cent while the Canadian beer industry as a whole suffered a 1.8 per cent decline in volume.

Molson's Canadian net sales after excluding excise taxes increased 9.3 per cent to $539.8 million US from $493.8 million US.

"These results have been driven by our brandled focus, including the product innovations we initiated towards the end of 2009 and early this year," president and CEO Peter Swinburn said during a conference call.

Overall, Molson Coors, which reports in U.S. dollars, said its net income increased by nine per cent, driven by a 34 per cent increase in equity income in MillerCoors, its U.S. joint venture with SABMiller.

THE CANADIAN PRESS

MEN AGAINST DIVE DATING IS HERE FOR YOU

He says ...

JOHN MAZEROLLE

When you get divorced, you go to some dark, disturbing places. I went to a cougar bar.

It's been two years since my marriage ended and my decision-making skills in the immediate aftermath were sometimes lacking. I showed the high dating standards of Bret Michaels, the long-term planning skills of a goldfish, and the general intelligence of a farm-fresh potato.

Fortunately, my sojourns into seedy bars were not successful. There's nothing like waking up in the morning and doing a little celebratory dance when you realize you're alone.

And now that I am sane again I have a higher purpose: To warn recent divorcees that the answers to their problems are NOT in bars. I plan to call it Men Against Dive Dating, unless there's some sort of unforeseen legal problem.

I'll give speeches at places where male divorcees gather — laundromats mostly — and tell people my troubling but inspirational story.

So here goes: I went to a cougar bar called Crocodile Rock.

All you really need to know about the place is that when I mentioned the bar during a standup routine it evoked instant laughter. The exception was the night I was performing for a bunch of ball-cap wearing drunks. That night it evoked hoots of approval.

"I'll give speeches at places where male divorcees gather — laundromats mostly — and tell people my troubling but inspirational story."

Crocodile Rock is known as the Cougar Capital of Canada. So I thought, "I'm 32. A cougar is just a contemporary, right?" Wrong.

First of all, I did not fit in. I'm not the kind of person who can walk into a dance club by himself and strut around like he owns the place. Most of the guys there were 80 per cent shoulders, 15 per cent hair gel, and five per cent sense of smug self-satisfaction.

On some nights I'm 45 per cent crippling neuroses just for starters. I can't compete.

Second, I didn't realize there's a sliding scale of cougar. If somebody my age goes to a cougar bar I'm not leaving with anybody younger than 66. And the Liver-Spotted Toothless Cougar is a species you do not want to mess with. The gum marks aren't much, but the press-on nails can kill.

I left drunker and, if possible, more alone.

Yes, it's a sad story, but the important thing is I survived to tell it. And I plan to bring a simple message to divorced men everywhere: Cougar's just another word for nothing left to lose. Men Against Dive Dating is here for you.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER

Online pharmacy warning

Worth mentioning

Buyer beware

Health Canada is warning consumers about the potential risks of buying prescription drugs online from certain websites, which are offering medications not authorized for sale in Canada and thought to be counterfeit.

Those websites are: www.northdrugmart.com, www.northdrugstore.com and www.pharmacy-rxworld.com. Health Canada has identified products on these websites that contain references to brand names and resemble drugs that are authorized to be sold in Canada.

"This may lead consumers to believe they are purchasing drugs that have been reviewed for safety, efficacy and quality by Health Canada," the department said yesterday.

"It is important to note that counterfeit drugs may contain no active or unsuitable ingredients, or dangerous additives. To this end, counterfeit drugs may pose a higher risk than other forms of unauthorized drugs."

Prescription products that have been approved for sale in other countries, or generic products purporting to be the equivalent of authorized products, must still be reviewed by Health Canada and receive their own market authorization or product licence before they may be sold in Canada. THE CANADIAN PRESS

What's your favourite new TV show?

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Metro Minute at a piano concert

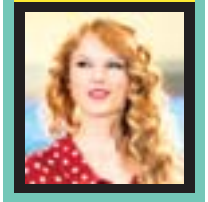
Piano soloist and third-year Carleton University music student John Dapaah will perform Wolfgang Mozart's Piano Concerto in A Major with the Gatineau Conservatory Orchestra at the university's Kailash Mital Theatre in Southam Hall at 7:30 tonight. The concert, which officially launches a new partnership between Carleton University and the conservatory, also includes works by Giacomo Rossini, Claude Champagne and the late Patrick Cardy, who served as a Carleton music faculty member for 30 years. Dapaah is currently studying with Carleton University Chamber Ensemble director Nicole Presentey. Tickets are $12. TRACEY TONG

CONTRIBUTED

▶ John Kofi Dapaah, who began his piano career at age seven, entered Carleton's music program in 2007.

2 scene

News in brief



Taylor Swift fans have spoken — more than a million times.

The country pop superstar sold more than 1 million copies of her new album Speak Now to debut at the top of the Billboard album chart this week.

Billboard.com said yesterday that it's the biggest debut since 50 Cent's The Massacre five years ago.

According to Nielsen SoundScan figures, Speak Now sold 1,047,000 copies since it was released last week.

THE ASSOCIATED PRESS

Michael Jackson's music, choreography and visuals to go on tour with Cirque Du Soliel

New spin on the superhero genre

- Megamind director says collaboration with actors key to film's success
- Animated flick focuses on bad guy, and has a true love story at its core

▶ Tina Fey, left, and Will Farrell, right, star in Megamind.

STEVE GOW
SCENE@METRONEWS.CA

Filmmaker Tom McGrath says he never lost control of Megamind — even when his actors began adlibbing in the recording booth.

"That's why we had the cast we do — to be partners and collaborators," said the director recently in Los Angeles. "I would say 30 per cent of what you hear in the scene is improvised … we'd get three (jokes) for every line that's as funny as was written."

With stars like Will Ferrell and Tina Fey on board, Megamind was definitely in safe hands. Meanwhile, an original spin on the superhero genre, McGrath (Madagascar) expertly weaves a tale about a supervillian with a colossal cranium (Ferrell) that sets out to conquer dependable do-gooder Metro Man (Brad Pitt).

"Animation is one of the hardest things for an actor to do. Everyone of these guys jumped in, instantly became the character and it's a sight to behold and I had the best seat in the house."
MEGAMIND DIRECTOR TOM MCGRATH

"(It's mostly about) the layers underneath these characters we all know and the superhero-genre," explained McGrath, downplaying that Megamind is straight parody. "There were a couple things we referenced but we tried to keep the movie and the comedy coming exclusively from the characters."

One notable reference is Space Dad, a hilarious character that clearly spoofs Marlon Brando's version of Jor-El in 1978's Superman.

"(Space Dad) looks more like Ted Kennedy than Marlon Brando but Will saw the design for this character and thought 'I'd like to try kind of a lispy Marlon Brando'," said McGrath. "We were laughing so hard in the recording booth … we knew it would work."

Another element McGrath realized would be an attribute was allowing Ferrell and Tina Fey to record together — surprisingly unusual for most animated films.

"It's a superhero movie but at the heart of it is a very intimate love story and that's where casting came invaluable with Tina and Will," said McGrath. "At the end of the day, it's a great contrast."

Canadian celebs join It Gets Better campaign

A group of Canadian celebrities, businesspeople, politicians and athletes including Rick Mercer and Mark Tewksbury have joined the "It Gets Better" viral campaign, aimed at young victims of anti-gay bullying.

Columnist Dan Savage launched the movement in September following the high-profile suicides of several gay teens who were the victims of bullying.

A new 12-minute video featuring Canadian personalities hit the web on Tuesday.

Others involved in the project include ballet dancer Rex Harrington, politician George Smitherman and the cast of MTV's 1 Girl, 5 Gays.

Some recall their own harrowing experiences with high-school bullying, while others discuss when they came out. The campaign, in which celebrities talk about how much life has improved in the years since high school, is designed to give hope to youngsters.

The video ends with the contact information for the LGBT Youth Line and the Kids Help Phone.

Prior contributors to the international campaign include Ellen DeGeneres, Anne Hathaway, Neil Patrick Harris, Katy Perry, Rob Thomas and U.S. President Barack Obama.

THE CANADIAN PRESS

▶ Rick Mercer

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5 minutes with ...

RICKY MARTIN ON COMING OUT, AND COMING INTO HIS OWN

Ricky Martin knew his sexuality was the subject of speculation in the celebrity world for years. Still, he never confirmed that he was gay until his tweet heard 'round the world earlier this year for one simple reason: He just wasn't ready.

His autobiography, Me, released this week is dedicated to his two-year-old twins, Matteo and Valentino, who inspired him to finally be open about the life he leads.

Had you considered coming out before this year?

Everybody has to go through their own process, spiritual peace, to be able to stand in front of the mirror and look at yourself and start asking questions and say, "This is you, and lift your head up high and be happy about it and be proud." But the most important thing was my children.

Do you think Latino culture is less accepting of gay culture, and do you think coming out makes it easier for other gay Latinos and Latinas?

Homophobia is a global issue. It's not something that only happens in the (United) States or in Latin America, it's all over the world. I came out because I had the need to pretty much be free and be happy with myself.

Over the years there had been rumours you were gay. Did it make it easier for you, or when you heard that, did it make you not want to come out?

Unfortunately, the way it was treated, my sexuality with some members of the media, it was treated with a very shallow lens ... And I would get really angry. I would say, "No, that's not me."

And you know what, it would push me away from ever coming out. And I think that's a problem society is facing. Sometimes you turn on the television or you listen to the radio, or (read) the newspaper, and there's a very, very weird comment.

They describe homosexuality or the character of a homosexual as a one-dimensional person who is very stereotypical, and that's not right.

Stereotypes are not wrong, they are just half of the story, and yes it did push me away from accepting myself. I don't think it's right to force someone to come out.

THE ASSOCIATED PRESS

▶ Ricky Martin.

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Brian Eno Small Craft On A Milk Sea Warp 4
Album: Small Craft On A Milk Sea
Label: Warp
●●●●

Recorded as mostly improvised pieces with regular collaborators Jon Hopkins and Leo Abrahams, Eno's 25th solo album is not a return to any specific form. Instead, signing to visionary label Warp has inspired the legend to expand his ambient work as well as break new ground. It's a miscellany of classical and electronic arrangements, varying from the chiming bliss of Emerald and Lime to the scattered post-rock rumblings of 2 Forms of Anger. The result confirms that the pioneer is as relevant as any of his disciples. **Outstanding track:** Emerald and Lime

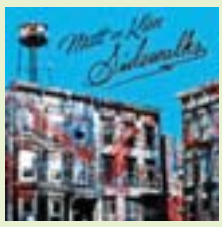
CAM LINDSAY

N.E.R.D.
Album: Nothing
Label: Star Trak/Interscope
●●½

N.E.R.D. have never quite lived up to the glory Pharrell Williams and Chad Hugo have experienced producing as the Neptunes. Sadly, Nothing is no exception, consistently upholding their hip-hop, R&B, funk and rock hybrid with underwhelming results. Despite the emphasis on partying, the album is devoid of Pharrell's flash and style, even on a much-hyped assist by Daft Punk. Why they keep giving away their best songs to the superstars is beyond me, because N.E.R.D. have yet to better anything the Neptunes have done. **Outstanding track:** Hypnotize U

CAM LINDSAY

Matt & Kim
Album: Sidewalks
Label: Fader
●●●½



It's been four years since Matt & Kim released their debut disc, and while they still play saccharine indie pop, they've come an incredibly long way since 2006. Back then, the twosome were this lovable, quirky duo that played fun, lo-fi pop. Now they're as polished as any major label group. Fans may miss their basement recording-like sounds on Sidewalks, their third disc, but the infectious arrangements are still in tact. Red Paint, with it's frenetic keyboards, epic chorus and crunchy guitars is a standout, while the hip-hop beats on Block After Block show off their range. **Outstanding track:** Red Paint

BRYAN BORZYKOWSKI

Elvis Costello
Album: National Ransom
Label: Universal
●●●●

The CD opens with the rambunctious title track that flashes back Elvis' early days with the Attractions, pounding rhythms, fiery guitar riffs (courtesy of Jerry Douglas and Marc Ribot) and vintage Vox organ runs. But it's the only blast of Elvis the iconoclastic rocker you'll get on this album. Eclecticism is the norm here as National Ransom gives way to Dixieland dirges (Jimmie Standing in the Rain), country heartaches (I Lost You) and devilish crooning (You Hung the Moon). These are wonderfully written tales of degradation and despair, assisted by the production of T Bone Burnett, and will be welcomed by Elvis fans. **Outstanding track:** National Ransom

GRAHAM ROCKINGHAM

Good Charlotte
Album: Cardiology
Label: Capitol/EMI
●●●

Wait, Good Charlotte is still around? You won't be faulted for thinking the group disappeared — marriages, break-ups and kids kept the power pop five-piece busy for a while, but the group returns with their fifth disc and first in three years. The record is predictable — rich, harmony laden power pop, mainstream rock, teen-friendly jams — but it's also less wild and erratic than their older tunes. The bottom line is that the band is maturing. Lyrics about love and family (not including the track Sex on the Radio) are easier to swallow than their overwrought breakup tunes. **Outstanding track:** Let the Music Play

BRYAN BORZYKOWSKI

Jrdn
Album: Iamjrdn
Label: Fontana North
●●●

Canada's not know for its R&B scene, but we've got plenty of soulful acts burning up club soundtracks. Jordan Croucher, better known as JRDN, is one of those acts making a mark across the country. The latest is full of slick American-style R&B pop, and while it's not very original, it's got all the ingredients to make it a hit. Single U Can Have It All is Usher without, thankfully, all the overt sex talk; the Enrique Iglesias sounding I Don't Care takes a stab at electro pop; Tha Ghetto is a heartfelt track about his youth. It's a strong debut, from a rising Canadian singer. **Outstanding track:** U Can Have It All

BRYAN BORZYKOWSKI

Pittsburgh Steeler talks about his ... hair?

▶ Troy Polamalu

You don't have to know football to know of one player's hair. Laid strand by strand, end to end, it would span 100 football fields. It set a Guiness World Record as the Highest Insured Hair, starred in two commercials, and even has its own website, troyshair.ca. In an exclusive interview, Metro spoke with Troy Polamalu, the man beneath the 'do, about his infamous locks.

How does it feel to have your hair take on a life of its own?

Honestly I could never envision something like this. It started off as a grungy stage in college, where I didn't really care what I looked like. I just let my hair grow — and all of a sudden it really has taken on a personality of its own.

Was your hair an important part of your identity before university?

Culturally, Samoans have always had long hair. Hair's always been a big part of any great warrior society. Samuri warriors, Spartans, American Indians ... I guess I grew it out as part of a subconscious thought of being Samoan.

When was the last time you had it cut?

About 7 years ago, which coincided with the first time I met my wife (Theodora); I haven't cut it since.

Not even a trim? You don't worry about split ends?

I'm a guy.

You're a guy, but I hear you really like Head & Shoulders Smooth & Silky.

When I was growing up, my family always had Head & Shoulders, and it just worked out that now I still continue to use it. I use Smooth & Silky, but what I use more than anything is the conditioner. It helps with controlling frizz. My hair gets pretty crazy — if I didn't use (the conditioner) it would probably get dreaded up.

What was your reaction to having your hair insured for $1 million by Lloyds of London, who also insured Celine Dion's vocal cords?

I thought it was a crazy idea because I never thought my hair could be that important. I didn't want to tell my team because I knew they'd give me a hard time. My coach did in front of the everyone: "As long as Troy's hair is ready to practise, is everyone else ready?"

JANINE FALCON

Shampoo and bent characters

Gossip Girl star Leighton Meester wraps filming on three new movies

▶ Leighton Meester plays society princess Blair Waldorf on Gossip Girl.

JANINE FALCON
SCENE@METRONEWS.CA

When Leighton Meester asks, "Want to sit in the back with me?" you immediately dismiss motion-sickness worries, and clamber up into the black SUV. Meester's easy, friendly demeanor makes you feel like you're hanging out like you always do, although you only just met for a ride-along interview en route to the airport.

This Toronto trip is a quick stop in a go-go-go schedule for the actress, part of a media tour she and her friend, hairstylist Charles Baker Strahan, are doing together for Herbal Essences, for which she is the spokesperson.

"I used to use it before, but Charles re-introduced the brand to me, and I fell in love with it," she says.

Also part of her busy life is her fourth season of Gossip Girl, as manipulative society-princess Blair Waldorf, and three movies she wrapped in recent months.

In Country Strong, starring Gwyneth Paltrow and Tim McGraw, and scheduled for widespread release in January, Meester, 24, plays a young, Texas beauty-queen singer alongside Paltrow's self-destructive country-music star character.

Despite having music in common — the actress fits singing and songwriting into her schedule as much as she can — Meester highlights this role as one of the most different from herself.

"She's secretive about a lot of her past, about her insecurities and shortcomings, and is very much a little girl in a woman's body," she says.

"She looks up to Gwyneth's character so much, and is totally heartbroken when she's not what she expected her to be."

In February's The Roommate, Meester is a Single-White-Female-ish roommate to Minka Kelly. "That's about as far away from myself as you can get, and the most uncomfortable role I've ever played," she says. "Every day I had to do something completely the opposite of a choice I would make in real life."

Most of Meester's characters are a bit bent in some way, whether spoiled and scheming, uncomfortably needy or outright psychotic. The secret to playing them is not to judge, she says. "You have to embrace and love them, and reach some part of them in yourself, whether it's completely blurry, vague and distant, or something you can relate to."

Teamed with Hugh Laurie, Katherine Keener, Alyson Janney and Oliver Platt in The Oranges, also due in 2011, Meester finds herself in another questionable-choices character. "I'm the daughter in one family who falls in love with the father (Laurie) in the other family."

The actress says she doesn't have a list of I-Want roles. "I've been really lucky that the characters I want to play are also in scripts that are wonderful and beautifully executed, and I have time to do it."

Plenty of options for the holidays

Hollywood revs up for the holiday film season with something for everyone ◗ Animated fun, explosive action and award-worthy drama ◗ The big stars come out to play: Depp, Jolie, Denzel, Paltrow and of course Cher

STEVE GOW
SCENE@METRONEWS.CA

As we come upon the start of Hollywood's holiday movie season, it's important to observe that for every multi-million dollar blockbuster, there's an award-worthy drama.

And 2010 offers no less in either category.

With everything from Darren Aronofsky's festival favourite Black Swan (Dec. 1) to the big-screen adaptation of Yogi Bear (Dec. 17), this year clearly proves to have something for everyone at the local cineplex:

The Whole Family

Kids of all ages will be pumped to see Harry Potter and the Deathly Hollows when it hits multiplexes Nov. 19, but be warned — it's only the first half. You will have to wait until next summer for part two of the movie.

Also for fans of fantasy, there's The Chronicles of Narnia: The Voyage of the Dawn Trader (Dec. 10) and the highly-anticipated reimagining of Tron: Legacy (Dec. 17).

For a slightly less intense experience, Disney's Tangled (Nov. 24) is a modern take on the classic fairy-tale, Rapunzel.

The Blockbusters

This year, there'll be plenty of big-money showstoppers — from Denzel Washington's runaway thriller Unstoppable (Nov. 12) to Cher's cinematic return in the eclectic musical Burlesque (Nov. 24).

Other highlights include Johnny Depp and Angelina Jolie facing off in The Tourist (Dec. 10), Russell Crowe in a French remake called The Next Three Days (Nov. 19), Mark Wahlberg in the inspirational drama The Fighter (Dec. 17) and Little Fockers (Dec. 22), the latest sequel to the Ben Stiller's hit comedy Meet the Parents.

▶ The big screen take on Yogi Bear comes out Dec. 17 in a busy holiday movie season. Dan Aykroyd stars as Yogi.

▶ Cher returns to the big screen with Burlesque.

... The Award Goes To

If you want to get an eye on an early Oscar contender, be sure to check out the Toronto Film Festival's audience favourite when The King's Speech (starring Colin Firth) hits theatres Dec. 10.

Other award-worthy films could include Country Strong (Dec. 22) featuring Gwyneth Paltrow as a washed-up crooner, the adaptation of Mordecai Richler's acclaimed novel Barney's Version (Dec. 24) and the return of the perpetual Oscar-winning Coen Brothers with a dark remake of the classic western, True Grit (Dec. 25).

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Heidi, Spencer spent $10M, now bankrupt

Reality stars said they expected The Hills would have lasted a few more years Spent nearly $3M trying to launch Montag's career as a singer

In their quest to stay in the spotlight, Heidi Montag and Spencer Pratt say they blew threw $10 million and are now broke and considering bankruptcy, they tell Life & Style.

"We were immature, worrying too much about the famous part instead of the actual business part," Pratt says. "We thought the Hills was going to be like 90210 and we'd have another five to 10 years."

The couple claims they spent $35,000 a month on their rented Malibu home, $3 million on studio and producer fees in an attempt to launch Montag's music career and hundreds of thousands of dollars on her plastic surgery. They say they now owe the IRS $2 million.

"We spoke with a bankruptcy attorney and I've looked into unemployment checks," Pratt says.

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GETTY IMAGES

▶ Spencer Pratt and Heidi Montag are considering filing for bankruptcy.

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▶ Jay-Z says he wouldn't mind being president some day.

Jay-Z stands up for Obama

While his retirement from rap doesn't seem to be taking, Jay-Z may have another career change in mind.

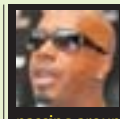
"Give me a chance. Maybe in eight years, I'll be the president," he tells BBC Newsbeat. In the meantime, he's coming to the defence of the current president, Barack Obama.

"In order to judge someone, you have to judge what they inherit," he says. "He inherited the worst economy, war, just a horrible time in American history. So if we think he can solve that — I mean, we don't think he's God, do we?"

METRO

Celebrity tweets

Lance Armstrong [@lancearmstrong] The media reporting that most people don't trust what they read....in the media. Classic.



MC Hammer [@MCHammer] I see a lot of dudes passing around the pic of me in the speedos.. Equal Rights For All !!! You got my support !!!

Katy Perry [@katyperry] I've not been bitten by a spider. I'll file this 1 in the ever growing cabinet of false information that has been at it's PEAK as of late...

Sylvester Stallone [@TheSlyStallone] The Rock could eventually replace me after having been drafted into the EXPENDADABLES Along with new young blood. Suggestions? METRO

Pressure got to Demi: Dad

Demi Lovato's father is speaking out about the Disney star's decision to entering a treatment centre, telling Radar Online it was the pressures of Hollywood that got to her. "There are a lot of pressures," Patrick Lovato says. METRO

Michaels allegedly other man in Cyrus breakup

Miley Cyrus' parents filed for divorce last week, and sources say it's because mom Tish Cyrus allegedly had an affair with Bret Michaels, according to Us Weekly.

Michaels met the family when he recorded a duet with Miley in February.

"It was a professional relationship that turned into something more," a source says of Michaels and Tish. "Billy Ray was completely unaware of what was going on."

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GETTY IMAGES

▶ Miley Cyrus

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Up and down

Bieber Fever
Justin Bieber is releasing a new unisex fragrance called, My World, which will hit stores later this month.

Guerlain
The legendary cosmetics and perfume brand has been mired in scandal after Jean-Paul Guerlain used the French equivalent of the N-word on television.
KENYA HUNT

Designer Vera Wang mines 20 years of her own label for 20 life lessons

Lanvin made for the public

With shoppers and the fashion media waiting with baited breath, the countdown to the day Alber Elbaz's collection for H&M hits stores begins. Here's a sneak preview of what to expect.

KENYA HUNT
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

As the release date for the Lanvin for H&M collection draws nearer, the Swedish chain reveals more details about what is shaping up to be fashion's most anticipated high/low collaboration yet.

Based on the looks revealed so far, shoppers can expect a greatest hits type collection of the house's trademark, thoroughly modern statement dresses, bold cocktail jewelry, and embellished handbags at affordable prices.

Lanvin creative director Alber Elbaz believes that these types of partnerships are the future of fashion.

"I love the idea of H&M going luxury rather than Lanvin going public," he says in a press statement provided by H&M.

"It's about extremes: very high and very low. It's not about bridges; they are the first to collapse," he adds.

It's hard to believe this is all coming from the same man who just last year told The New Yorker magazine that he wouldn't design a lower-priced line to complement Lanvin.

"I have a problem to do a collection that is a secondary line. I mean, you don't want to be the stepsister. You want to be Cinderella. Show me one girl who wants to be the stepsister," he said.

▶ Lanvin for H&M hits stores in Canada on Nov. 20.

So does the H&M line reveal an overall change of mind?

Fingers crossed that it does. In the meantime, shoppers will at least have Nov. 20, the day it all hits stores in Toronto and Vancouver, to look forward to.

FREDERICK M. BROWN/GETTY IMAGES

▶ Christina Hendricks

Pay lip service

THE KIT

From Christina Hendricks' come-hither crimson to Emily Blunt's resplendent rouge, red lips are among this season's hottest trends. Here, we show you how to avoid the cardinal sins and go scarlet in style:

Choose the right shade
According to makeup artist Charlotte Willer of Maybelline New York, the best way to meet your lipstick match is to test shades on your fingertips. "They're the closest to the colour of your lips," she said.

Prime your canvas
A flaky finish will spoil the look, so exfoliate first by gently buffing lips with a washcloth, then moisturize with eye cream. By the time you finish the rest of your face, the cream will be absorbed and your lips will be ready for colour.

Make one makeup statement at a time
While red lips may be in this season, the "clown" look is not, so if you're going red, keep the rest of your makeup minimal by sticking to neutral eyeshadow and blush shades.

THE KIT is Canada's beauty authority and first-ever digital beauty magazine. Subscribe for free at thekit.ca.

Essence of an editorialista

The queen of the fashion blogosphere, Anna Dello Russo, talks perfume and the power of personal scent

McGUINNESS
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Metro interview

ANNA DELLO RUSSO

Just when you think you've read all there is to know about the increasingly famous Anna Dello Russo, she reveals a new and unexpected layer of herself. For instance, one would expect her to wear her perfume the way she does her fashion, in loud and over-the-top ways.

But surprisingly, even though her new eponymous perfume goes on sale this December, Anna only wears natural oils these days. The Vogue Nippon editor turned full-on fashion celebrity opens up about the allure of a good personal scent.

What was the first perfume you ever paid attention to?
Fracas by Robert Piguet. When I was a teenager in Italy, it was extremely hard to find and not many people wore it. It was also very French, which I love. For me, a perfume should spark a memory. My perfume reminds me of Christmas when I was a child, those moments of tranquility and calm in my family. It has the smell of vanilla and almond, which reminds me of the Christmas biscotti my grandmother used to bake.

In your opinion, how does a perfume reflect the woman who wears it?
Personally, the idea of perfume has changed for me since yoga has become a big part of my life. You can't go to a yoga class wearing lots of perfume as the strong scent could disturb the class. I now wear perfumed oils instead. Nothing chemical.

The most beautiful scent is the natural smell of someone's skin. Every woman has a particular smell and to me that is the most important one.

What are some of your favourite fragrances to wear?
I am obsessed with all the French brands. To me, a French fragrance almost always evokes your typical Parisienne, chic and simple. Also the names are always so agreeable to pronounce. I also love perfumes that remind me of food, ones with hints of vanilla, coconut, and almonds.

"Women should wear perfume before going to bed when they're fresh out of the shower and ready to go to sleep."
ANNA DELLO RUSSO

This is the first time a fashion editor has parlayed her celebrity into a fragrance. Do you think we'll see more things like this in the future as fashion editors become more famous online?
Of course. I think that all people that work in fashion – bloggers, editors, and designers – are major players. The perfume is a start of a mini fashion revolution.

What are your favourite fragrances in your beauty cabinet right now and why do you wear them?
I'm not really wearing any perfume at the moment because of yoga. That could change any day, so I still keep a small collection in my beauty cabinet; I like having them there as an option. My Top 3 are Comme des Garçons, Chanel No. 5 and Bang by Marc Jacobs.

The season's must: Fair Isle

Wooly geek chic is the season's unexpected must. Fair Isle, the eccentrically patterned, Scottish heritage knit, has had quite a comeback. Here are some of the best on the market.

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2 FARAH
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3 MARC BY MARC JACOBS
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Deck the halls, done right

Karl Lohnes tackles the dos and don'ts of holiday decor **Scattered collectibles are out, elegant groupings are in**

POTTERY BARN

▶ Rule of thumb: 100 lights for each foot of the tree's height

POTTERY BARN

▶Make a simple garland look lush by adding additional greenery and clusters of ornaments

DECOR MOMENT

KARL LOHNES
HOME@METRONEWS.CA

Is it too early to start planning, organizing and decorating for Christmas? Not in my books! I've already started researching all the holiday decor trends (which you will hear about over the next weeks), penciling in holiday party dates and thinking about all the locations where I can place the tree in the house this year.

Tomorrow, I land at the Jasper Park Lodge to attend a two-week event called Christmas In November, which will get me completely pumped about entertaining and decorating for the holidays.

When I finally land home from being in "the land of a million Christmas trees," I'll be pumped to get the house decorated and the parties will then start.

Here's an early buzz list to get you thinking about the holidays: It's my list of common Holiday Decorating Mistakes; what not to do if you want to impress:

Don't scatter holiday cards and collections: placing your itsy-bitsy collectables all over the house just looks messy.
DO: The collectible holiday bells, angels and snowmen will look much more impressive if you group them together in a tight collection. Use your mantel, sideboard or floating shelf and tightly group your collections.

Don't buy a too-short tree: choose a tree that is no more than one foot shorter than the ceilings. Anything shorter will look wimpy.
DO: If you want give a short tree some height, place the tree on a sidetable covered with a festive tablecloth or Christmas wrap. If you live in a small space, consider putting a full-sized tree outside on the balcony and decorate with outdoor ornaments and lights.

▶ **For free, daily decorating lessons, follow Karl on Twitter at: twitter/karllohnesCTV**

Don't use wimpy garlands and wreaths: Most store-bought garlands are thin-looking and need some beefing up.
DO: Add a second garland rope to it or add artificial greens to the garland or a skimpy looking wreath. Fuller, lush and fresh looking is better! If you live in a condo, consider hanging your wreath on the inside of your condo door so you can see it more often.

Don't display bowls of candies, chocolates and nuts as decoration: Honestly, I don't like dusting off my chocolates before eating and guessing whether your dog licked over the candy bowl (and you know it did!).
DO: If you want to create a holiday display on your coffee table, use fresh items like lemons, pomegranates, and tangerines. They'll not only add colour but aroma to the room.

Don't use too few tree lights: A sparsely lit tree looks cheap and very Charlie Brown.
DO: Here's the shining rule about tree lights: add 100 lights for each foot of the tree's height then add 10 per cent more. There's nothing more romantic than a dim room illuminated only by the glow of festive lights.

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Tips for taking on a home's top three disaster zones

Feel like there's never enough room in your home to store everything? Chances are you don't need more square footage; You just need to get organized.

"Luckily, getting organized doesn't have to be difficult or expensive," says Danny Lipford, home improvement expert and host of Today's Homeowner. "The key is to find products that marry innovation and practicality to help make home organization easy."

While overhauling your whole home may seem intimidating, start with the three rooms that tend to be the culprits of chaos – the kitchen, bathroom and garage.

Check out these hot home helpers that will make your spaces more organized and enjoyable… at an affordable price.

IN THE KITCHEN:
Savvy Storage: When it's time to put away leftovers do you struggle to find matching lids and bowls? Or do your plastic storage containers seem to take over your entire storage space?

Update your mismatched wares with new Smart Spin Storage Containers.

These unique containers offer three different storage sizes and a holder that keeps all of the storage containers and the universal-sized lids organized in less than one square foot ($20).

Use Unused Space Most bathrooms are equipped with accessories to keep towels neat and at your fingertips… so why not use the same organization tools in the kitchen?

For less than $35, you can add a towel bar, towel ring or robe hook, such as the Reed or Modern collections, on the side of a cabinet or an island to keep dish towels handy (and off the floor), while adding a stylish look to the kitchen space.

IN THE BATHROOM:
Shower and Storage Space and storage are key concerns in most bathrooms; luckily, you can create up to 14 additional centimetres of elbow room in the shower with the new Double Curved Shower Rod from Moen Canada ($59.99). Double Curved Shower Rods also offer visual appeal with a separate rod for the decorative shower curtain – or provide easily accessible space to hang your towels.

Simple Space Solution No matter how organized your bathroom, it's always tough to find a place for the many daily necessities that we want at our finger tips. Now, you can easily keep these items within arm's reach with new Towel Bar Hooks and Shower Rod Hooks from Moen ($10). These ingenious, S-shaped hooks snap right onto your current towel bar or shower rod to offer convenient access for a variety of items, such as clothing, jewelry, towels, travel bags and more.

MOEN CANADA

▶ Double Curved Shower Rods offer a sophisticated look, splash protection and a spot to drape your towels.

IN THE GARAGE
Up and Out When looking for more storage space in the garage, don't forget to look up. Often overlooked, the overhead area is ideal to suspend a variety of larger items, such as bikes, that take up coveted floor space. For only a few dollars, you can purchase large plastic-coated hooks that easily screw into the ceiling joist and allow you to hang the bicycle upside down by the tires. Or try a Bike Hoist ($39) that also suspends the bike from the ceiling — but uses a pulley to make lifting the bike easier.

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Closing Date: December 14, 2010
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Bradley Estates North
213 Ziegler Street
Model: The Gray Rocks
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Closing Date: Immediate
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Model: The Orford II
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Find, finance your new home

Now is the perfect time to prepare for some winter cocooning Use the Internet to find a new home, apply for financing and even research your decor

With the summer months behind us, the time is ripe for some winter cocooning, which goes hand-in-hand with your fall house hunt.

Make the most of a cool fall day and curl up with your laptop to find the home that's right for you.

You can also research and apply for a pre-approved mortgage and even find a few key furnishings for your new home. Here are seven ways to put it all at your fingertips.

1. Search for properties, view photographs, descriptions and maps, take 3D virtual tours of homes and find neighbourhood services and amenities at websites such as www.MLS.ca.

2. Find a real estate agent online through Canadian real estate websites including www.royallepage.ca.

3. Research mortgage rates from key lenders and apply for a pre-approved mortgage online.

Real estate company websites provide tips on organizing your finances, mortgage calculators, answers to mortgage-related questions and web applications with affiliated Canadian financial institutions.

4. Use the Internet to get an estimate on the cost of moving.

Many real estate sites offer tips on organizing a flawless move and web forms to arrange for a free moving estimate.

5. Use personal organizer software to keep track and to alert you of important events such as open houses, appointments with your bank, closing day and moving day.

6. Use home-finance software to budget for your move.

7. With room dimensions in hand, visit websites from furniture and appliance manufacturers and retailers to research and plan for those key pieces you'll need in your new home.

NEWS CANADA

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Photo courtesy of Julie Lefebvre, France. Metro Photo Challenge Local Finalist 2009.
metro PHOTO CHALLENGE

▶ The inspiration for this bedroom renovation was the Torlys Cork floor.

Dream your reno into reality

Designer Jackie Morra guides inspired decorators through her process

Clients often tell me that they have a very hard time getting started on a new renovation or decorating project. But it's not as difficult as it seems if you follow the process I used for my own bedroom renovation.

How to find inspiration? The best way to find inspiration is by gathering photos of spaces you love from magazines, websites or visiting showrooms to see varying materials for texture, colour and styles.

How to start a decor project? Create a simple plan of your expectations than start to review materials, timelines and a budget. Be organized and focus on one area at a time until it is completed. The layout of a space involves the correct placement of furniture and accessories and should take into account scale, flow and focal points. A room should have one or two focal points such as windows, accent walls or artwork.

How to decide on a colour scheme? Paint creates big impact; the right colours will pull everything together and complement any style. Start looking for colour cues by reviewing decor items you love and get direction from an area rug or fabric, noting the three main colours used.

How do I decide on flooring? The floor area sets the tone and feel, and is the second largest space next to the walls. Research the right product for your lifestyle. The key to longevity is to take into consideration quality, the look you want and installation. The flooring used in my bedroom renovation, for instance, is Torlys Cork Plank, Vintage Block Chai. It was actually the inspiration for this space because I fell in love with the comfort, warmth and the many environmental benefits of the floor. Visit torlys.com for more information.

How do I get help? Get three quotes from contractors and suppliers confirmed in writing with specific timelines and costs by project so there are no surprises and it allows you to get unique ideas. Trust your instincts and make sure you are working with someone that shares your vision.

Jackie Morra, is a certified Interior Decorator and owner of Home Decor Solutions, Toronto.

NEWS CANADA

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Garage living

Your garage isn't just a place to park your car
This winter, turn it into an extension of your home

The garage can really be an extension of your home — and as winter approaches, the extra space can be a real asset.

In order to be useful, your garage needs to be organized to suit your families' needs. According to an Ipsos ASI survey, the majority of Canadians (76 per cent) claim they've tried to organize their garage within the past year, but only seven per cent admit that it is truly organized.

Here are a few ideas on how to make your garage work harder for you this fall and winter:

▶ Most Canadians admit their garage isn't truly organized.

Chilling out
Large batches of soups, stews and other comfort foods take up a lot of space in your fridge and freezer, especially during the Thanksgiving and holiday season. A second refrigerator in your garage is a great solution. Consider the Energy Sta Chillerator garage refrigerator.

Indoor playground
When the weather makes playing outside unrealistic, you can move the fun indoors to the garage. By using a modular system like Gladiator GarageWorks, you can store tools, shovels and sports equipment on the walls and ceiling, leaving more space for an indoor ball hockey game or indoor workshop.

Don't tool around
Smaller tools like screwdrivers and tape measures are essential to many jobs, yet easy to misplace. Invest in a unit with multiple drawers and compartments like a Gladiator tool chest so you never lose what you have.

With good planning this fall, your well-organized garage will not only keep your equipment handy and off the floor, it will even leave some room for your car. NEWS CANADA

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

The best burgers can be found at Hintonburger

SHARI GOODMAN/FOR METRO CANADA

▶ The Hintonburger ($6.50) and Small Poutine ($4).

When it comes to an old fashion burger joint, nothing beats this place

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA

If you want a good old-fashioned greasy, messy burger, Hintonburger is the smokin' burger shack du jour. Since the end of June when it opened its doors, this diner has had a growing buzz of fans.

From the small menu, I ordered The Hintonburger, which came with bacon and cheddar cheese along with the usual burger suspects: ketchup, mustard, lettuce, and tomato. The burger, made from local beef sourced from O'Brien Farms in Winchester, was cooked medium-well and dripped with juice after each bite. I'm weak when poutine is on the menu. Luckily, this poutine was worth the fat.

Next time, I want to try its hand-breaded corn dogs and onion rings. As well, for the wintry season, Hintonburger added soups and chili to its menu.

If you want to impress your date or your boss, don't go to Hintonburger because you may have ketchup and bacon fat dripping from your chin. But you won't care because you'll be "delirious," as one customer proclaimed on his way out. I was too.

- **Hintonburger**
- **991 Wellington St.**
- **Rating: ******
- **Price range: $**
- **Reservations: No**
- **Client negotiations: No**

Beef brisket in a slow cooker

Ingredients :

- 30 ml (2 tbsp) olive oil
- 1 beef brisket
- Salt and pepper, to taste
- 5 cloves garlic, minced
- 1 large onion diced
- 1 kg (2 lb) potatoes, peeled and cut into 2-cm (3/4-inch) cubes
- 500 g (1 lb) parsnips, peeled and cut into 5 mm (1/4-inch) slices
- 500 (1 lb) carrots, peeled and cut into 0.5 cm slices
- 250 ml (1 cup) red wine
- 250 ml (1 cup) beef broth
- 50 ml (1/4 cup) tomato paste
- 5 ml (1 tsp) dried thyme
- 5 ml (1 tsp) dried rosemary
- 2 whole bay leaves

Preparation:

1. In a large skillet on stovetop, heat oil until hot. Season brisket with salt and pepper. Place garlic and onion in pan. Brown brisket for 2 to 3 minutes per side.
2. Transfer into stoneware in slow cooker base. Add remaining ingredients and stir to combine. Cover, cook on low for 5 1/2 to 7 1/2 hours or until meat is cooked through.
3. Remove bay leaves before slicing and serving. Makes 6

THE ASSOCIATED PRESS

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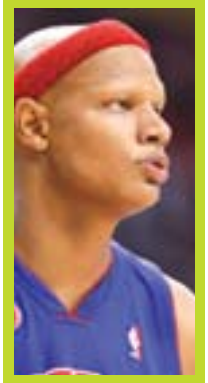

"KG called me a cancer patient, I'm pissed because, u know how many people died from cancer, and he's tossing it like it's a joke."

A TWEET FROM PISTON CHARLIE VILLANUEVA ON REMARKS HE EXCHANGED WITH KEVIN GARNETT. VILLANUEVA SUFFERS FROM ALOPECIA UNIVERSALIS, A MEDICAL CONDITION THAT RESULTS IN HAIR LOSS.

"My comment to Charlie Villanueva was in fact, 'You are cancerous to your team and our league.'"

KEVIN GARNETT, WHO CLAIMED VILLANUEVA MISUNDERSTOOD WHAT HE SAID.

Scan code for sports

World Series champs. Parade

▶ Giants catcher Buster Posey celebrates during the team's victory parade yesterday.

JUSTIN SULLIVAN/GETTY IMAGES

San Francisco celebrates its conquering heroes

Tens of thousands of baseball fans flocked downtown yesterday to toast the San Francisco Giants' World Series championship and see their hometown heroes take a victory lap in a ticker-tape parade reminiscent of the one held when the team moved west from New York 52 years ago. Under a sunny sky, confetti rained on team members and civic dignitaries as they rode down the parade route in convertibles and cable cars on wheels.

THE ASSOCIATED PRESS

Jays GM ready to roll the dice

Playing it safe won't be enough for Toronto to compete in AL East, Anthopoulos says

Alex Anthopoulos can pinpoint the exact moment his mindset as general manager of the Toronto Blue Jays changed.

The instant when the "light bulb went off" came during a conversation with Cincinnati Reds GM Walt Jocketty during spring training in March.

Anthopoulos was digesting the decision to give Cuban shortstop Adeiny Hechavarria $10 million US over four years.

Weeks earlier, Jocketty had outbid Anthopoulos for another Cuban, left-hander Aroldis Chapman, and praised him for accepting the risk in signing Hechavarria.

"He said, 'That's how you're going to get better, you're going to get better if you take a shot, you're going to have to take a shot at times,'" Anthopoulos recalled during a recent interview.

"I looked back at my off-season, trade talks, dialogue ... and I just found myself being so much more conservative than I needed to be or wanted to be."

The main takeaway for

"Even though we made trades (last off-season) ... I still felt like I could have been more aggressive, I could have been a little bit more daring."

ALEX ANTHOPOULOS, JAYS GM

Anthopoulos as he heads into his second off-season as GM is that while risk shouldn't be embraced recklessly, it's OK to swing and miss once in a while if the potential reward is worthwhile.

Since he believes playing it safe won't help the Blue Jays overcome the New York Yankees, Boston Red Sox and Tampa Bay Rays, they must find other ways to close the gap in the American League East, and taking more calculated gambles is one way to accomplish that.

"If we're going to do what everyone else is going to do in this division, we have no chance of getting better," said Anthopoulos.

"If it's the easy decision and everything lines up, the I's are dotted and T's are crossed, well everyone is going to look to do it and you're probably not going to be able to do what you want to do.

"We're going to have take chances at times and make moves that may open us for criticism, but we also have to look at the upside of the moves. They may backfire and may not work, but if they hit, we're going to do really well.

"And that's how we're going to get better."

THE CANADIAN PRESS

Titans grab Moss off NFL scrap heap

The Tennessee Titans have claimed wide receiver Randy Moss off the waiver wire.

Tennessee passed on Moss in the 1998 NFL draft, choosing instead to take Kevin Dyson. Moss can help a team that has not won a playoff game since January 2004, and saw receiver Kenny Britt hurt his right hamstring last week, ruling him out of the Titans' game Nov. 14 at Miami.

All Pro running back Chris Johnson had been lobbying for the Titans to pick up Moss.

THE ASSOCIATED PRESS

Phaneuf gone till December

Toronto Maple Leafs captain Dion Phaneuf is out four to six weeks after surgery to repair a "significant" cut on his left leg.

The 25-year-old defenceman was injured in Tuesday's 3-2 loss to Ottawa.

THE CANADIAN PRESS

Guerrero's option goes unexercised

The Texas Rangers did not exercise a $9-million US option for Vladimir Guerrero yesterday, although the American League champions could still bring the slugger back next season.

Guerrero gets a $1-million buyout under the agreement he signed before last season. General manager Jon Daniels said the option was a way to ensure some extra money for Guerrero this season.

Daniels said that the team has already spoken to Guerrero and his agent.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Washington	12	8	4	0	0	39	29	16	5-1-0-0	3-3-0-0	7-3-0-0	W2
d-Philadelphia	12	7	4	1	0	37	29	15	5-3-0-0	2-1-1-0	6-4-0-0	W4
d-Montreal	12	7	4	1	0	28	25	15	3-2-1-0	4-2-0-0	6-3-1-0	L2
Tampa Bay	10	7	2	1	0	35	30	15	3-1-1-0	4-1-0-0	7-2-1-0	W2
Boston	9	7	2	0	0	29	13	14	2-2-0-0	5-0-0-0	7-2-0-0	W3
NY Rangers	11	6	4	1	0	34	32	13	2-3-1-0	4-1-0-0	5-4-1-0	W2
Pittsburgh	12	6	5	1	0	35	28	13	2-4-0-0	4-1-1-0	6-3-1-0	W1
Atlanta	11	5	4	1	1	36	40	12	2-2-0-0	3-2-1-1	4-4-1-1	L1
Carolina	12	6	6	0	0	34	35	12	2-2-0-0	4-4-0-0	4-6-0-0	W1
Toronto	12	5	5	1	1	29	31	12	3-3-1-0	2-2-0-1	3-5-1-1	L4
Ottawa	12	5	6	1	0	29	37	11	3-3-0-0	2-3-1-0	5-4-1-0	W1
NY Islanders	12	4	6	1	1	33	44	10	2-1-0-1	2-5-1-0	3-6-1-0	L5
Florida	9	4	5	0	0	24	21	8	2-1-0-0	2-4-0-0	4-5-0-0	W1
Buffalo	13	3	8	2	0	32	43	8	0-5-1-0	3-3-1-0	2-6-2-0	L4
New Jersey	13	3	9	1	0	20	42	7	0-4-1-0	3-5-0-0	3-7-0-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Los Angeles	11	8	3	0	0	34	25	16	4-0-0-0	4-3-0-0	7-3-0-0	W2
d-Chicago	14	7	6	1	0	41	40	15	4-4-0-0	3-2-1-0	6-4-0-0	L1
d-Vancouver	11	6	3	0	2	31	27	14	5-0-0-1	1-3-0-1	6-3-0-1	W4
St. Louis	9	6	1	1	1	26	17	14	5-0-0-0	1-1-1-1	6-1-1-1	W4
Columbus	11	7	4	0	0	25	29	14	4-3-0-0	3-1-0-0	7-3-0-0	W1
Detroit	9	6	2	0	1	30	24	13	4-1-0-1	2-1-0-0	6-2-0-1	W1
Nashville	10	5	2	3	0	23	25	13	2-1-3-0	3-1-0-0	5-2-3-0	L2
Colorado	11	6	4	1	0	39	39	13	2-2-0-0	4-2-1-0	5-4-1-0	W2
Dallas	10	6	4	0	0	32	27	12	3-3-0-0	3-1-0-0	6-4-0-0	W1
Calgary	11	6	5	0	0	33	34	12	4-3-0-0	2-2-0-0	6-4-0-0	L2
Minnesota	11	5	4	0	2	27	27	12	4-3-0-1	1-1-0-1	5-3-0-2	W1
San Jose	10	5	3	2	0	29	26	11	2-2-1-0	3-2-0-0	5-4-1-0	L1
Phoenix	10	3	4	3	0	23	39	9	1-2-2-0	2-2-1-0	3-4-3-0	L1
Anaheim	12	4	7	0	1	29	42	9	2-1-0-1	2-6-0-0	4-5-0-1	L2
Edmonton	10	3	5	0	2	31	37	8	2-3-0-0	1-2-0-2	3-5-0-2	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Boston 5 Buffalo 2
Washington 5 Toronto 4 (SO)
Carolina 7 N.Y. Islanders 2
Atlanta at Florida
New Jersey at Chicago
Pittsburgh at Dallas
Detroit at Calgary
Nashville at Phoenix
Tampa Bay at Anaheim
Tuesday's results
Columbus 3 Montreal 0
Minnesota 1 San Jose 0
Ottawa 3 Toronto 2
Vancouver 4 Edmonton 3
Tonight's games
(All times Eastern)
N.Y. Rangers at Philadelphia, 7 p.m.
Columbus at Atlanta, 7 p.m.
N.Y. Islanders at Ottawa, 7:30 p.m.
San Jose at St. Louis, 8 p.m.
Vancouver at Colorado, 9 p.m.
Tampa Bay at Los Angeles, 10:30 p.m.

CAPITALS 5, LEAFS 4 (SO)

First Period
1. Toronto, Kulemin 3 (Grabovski, Gunnarsson) 14:29
Penalties — Orr Tor, King Wash (fighting) 6:45, Semin Wash (slashing) 19:05.
Second Period
2. Washington, Green 2 (Semin, Ovechkin) 6:05 (pp)
3. Washington, Chimera 3 (B.Gordon, Bradley) 10:35
4. Washington, Fleischmann 4 (Carlson, Laich) 11:28
Penalties — Schenn Tor (tripping) 4:33, Semin Wash (hooking) 12:29, Steckel Wash (delay of game) 15:57, Schenn Tor (boarding) 19:51.
Third Period
5. Toronto, Kaberle 1 (Mitchell, Komisarek) 4:14
6. Toronto, Versteeg 2 (Komisarek) 5:02
7. Toronto, Bozak 2 (Kaberle, Beauchemin) 7:17 (pp)
8. Washington, Semin 7 (Laich, Ovechkin) 14:22 (pp)
Penalties — Fehr Wash (tripping) 6:28, Lebda Tor (cross-checking) 13:44.
Overtime — No Scoring.
Penalty — MacArthur Tor (slashing) 1:55.
Shootout — Washington wins 2-0
Toronto (0) — Kessel, miss; Kulemin, miss.
Washington (2) — Backstrom, miss; Ovechkin, goal; Semin, goal.
Shots

Toronto	6	10	9	3—28
Washington	9	12	7	2—30

Goal — Toronto: Gustavsson (L,1-2-1); Washington: Neuvirth (W,8-3-0). **Power plays (goals-chances)** — Toronto: 1-4; Washington: 2-4.
Att. — 18,398 (18,398) at Washington.

LATE TUESDAY

CANUCKS 4, OILERS 3

First Period
1. Vancouver, D. Sedin 8 (H. Sedin, Edler) 11:01 (pp)
2. Vancouver, Torres 4 (Malholtra, Bieksa) 11:33
3. Vancouver, Torres 5 (Bieksa) 15:13 (pp)
Penalties — Smid Edm (delay of game) 10:30, Ehrhoff Vcr (hooking) 11:41, Gilbert Edm (interference) 13:41.
Second Period
4. Edmonton, Penner 4 (Cogliano) 9:16
Penalties — Torres Vcr (interference) 0:31, Eberle Edm (tripping) 14:34, Penner Edm (roughing) 16:34.
Third Period
5. Edmonton, Jones 3 (Stortini, Smid) 3:48
6. Edmonton, Brule 2 (Cogliano, Smid) 5:28
7. Vancouver, Torres 6 (Bieksa, Luongo) 10:53
Penalty — Alberts Vcr (roughing) 6:54.
Shots

Vancouver	11	10	9	30
Edmonton	5	12	9	26

Goal — Vancouver: Luongo (W,4-4-2); Edmonton: Khabibulin (L,3-5-1). **Power plays (goals-chances)** — Vancouver: 2-4; Edmonton: 0-3.
Att. — 16,839 (16,839) at Edmonton.

SCORING LEADERS

	G	A	PT
Stamkos, TB	9	10	19
Sharp, Chi	10	6	16
C.Stewart, Col	9	7	16
Crosby, Pgh	6	9	15
J.Thornton, SJ	5	10	15
Getzlaf, Ana	4	11	15
B.Richards, Dal	3	11	14

Not including last night's games

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	Pct	GB
Boston	3	1	.750	—
New Jersey	2	2	.500	1
New York	1	2	.333	1½
Toronto	1	2	.333	1½
Philadelphia	1	4	.200	2½

SOUTHEAST DIVISION

	W	L	Pct	GB
Atlanta	5	0	1.000	—
Miami	4	1	.800	1
Orlando	2	1	.667	2
Washington	1	2	.333	3
Charlotte	1	3	.250	3½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	2	1	.667	—
Indiana	2	2	.500	½
Cleveland	1	3	.250	1½
Milwaukee	1	3	.250	1½
Detroit	0	5	.000	3

WESTERN CONFERENCE

SOUTHWEST DIVISION

	W	L	Pct	GB
New Orleans	3	0	1.000	—
Dallas	2	1	.667	1
San Antonio	2	1	.667	1
Memphis	2	2	.500	1½
Houston	0	3	.000	3

NORTHWEST DIVISION

	W	L	Pct	GB
Portland	4	1	.800	—
Denver	2	1	.667	1
Oklahoma City	2	1	.667	1
Utah	1	2	.333	2
Minnesota	1	4	.200	3

PACIFIC DIVISION

	W	L	Pct	GB
L.A. Lakers	4	0	1.000	—
Sacramento	3	1	.750	1
Golden State	2	1	.667	1½
Phoenix	1	2	.333	2½
L.A. Clippers	0	4	.000	4

Last night's results
Atlanta 94, Detroit 85
Charlotte 85, New Jersey 83
Orlando 128, Minnesota 86
Philadelphia 101, Indiana 75
Milwaukee at Boston
New Orleans at Houston
Dallas at Denver
Toronto at Utah
San Antonio at Phoenix
Memphis at Golden State
Oklahoma City at L.A. Clippers
L.A. Lakers at Sacramento
Tuesday's results
Atlanta 100, Cleveland 88
Washington 116, Philadelphia 115, OT
Boston 109, Detroit 86
Miami 129, Minnesota 97
Orlando at New York, ppd.
Portland 90, Milwaukee 76
L.A. Lakers 124, Memphis 105
Tonight's games
(All times Eastern)
New York at Chicago, 8 p.m.
Oklahoma City at Portland, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	3	26	30	88	29.3
Rose, CHI	3	31	18	83	27.7
Scola, HOU	3	33	16	82	27.3
Granger, IND	3	30	10	81	27.0
Ellis, GOL	3	33	10	81	27.0
Martin, HOU	3	20	30	75	25.0
Lopez, NJN	3	27	20	74	24.7
Gay, MEM	4	39	13	97	24.3
Gasol, LAL	4	40	17	97	24.3
Bryant, LAL	4	32	25	95	23.8
Anthony, DEN	3	25	18	71	23.7
Wall, WAS	3	24	21	71	23.7
Nowitzki, DAL	3	29	12	71	23.7
Bargnani, TOR	3	25	15	70	23.3
Wade, MIA	5	39	29	112	22.4
Westbrook, OKC	3	19	29	67	22.3
Roy, POR	5	37	26	109	21.8
Millsap, UTA	3	26	12	64	21.3

Not including last night's games

SOCCER

EUROPEAN CHAMPIONS LEAGUE

FIRST ROUND
Top two teams in each group advance
THIRD-PLACE TEAMS ADVANCE TO EUROPA LEAGUE
(Home teams listed first)
GROUP A

	GP	W	D	L	GF	GA	PTS
Tottenham	4	2	1	1	12	8	7
Inter Milan	4	2	1	1	11	8	7
Twente	4	1	2	1	6	7	5
Werder Bremen	4	0	2	2	3	9	2

GROUP B

	GP	W	D	L	GF	GA	PTS
Lyon	4	3	0	1	9	5	9
Schalke	4	2	1	1	5	2	7
Benfica	4	2	0	2	6	7	6
Hapoel Tel Aviv	4	0	1	3	2	8	1

GROUP C

	GP	W	D	L	GF	GA	PTS
Manchester Utd	4	3	1	0	5	0	10
Valencia	4	2	1	1	8	2	7
Glasgow Rangers	4	1	2	1	2	4	5
Buraspor	4	0	0	4	0	9	0

GROUP D

	GP	W	D	L	GF	GA	PTS
Barcelona	4	2	2	0	9	3	8
Copenhagen	4	2	1	1	4	3	7
Rubin Kazan	4	0	3	1	1	2	3
Panathinaikos	4	0	2	2	1	7	2

GROUP E

	GP	W	D	L	GF	GA	PTS
x-Bayern Munich	4	4	0	0	11	3	12
AS Roma	4	2	0	2	6	8	6
Basel	4	1	0	3	7	8	3
Cluj	4	1	0	3	5	10	3

x-advanced to second round
Yesterday's results
Basel 2, AS Roma 3
Cluj 0, Bayern Munich 4
GROUP F

	GP	W	D	L	GF	GA	PTS
x-Chelsea	4	4	0	0	12	2	12
Marseille	4	2	0	2	8	3	6
Spartak Moscow	4	2	0	2	5	6	6
Zilina	4	0	0	4	1	15	0

x-advanced to second round
Yesterday's results
Chelsea 4, Spartak Moscow 1
Zilina 0, Marseille 7
GROUP G

	GP	W	D	L	GF	GA	PTS
x-Real Madrid	4	3	1	0	7	2	10
AC Milan	4	1	2	1	5	5	5
Ajax	4	1	1	2	4	6	4
Auxerre	4	1	0	3	3	6	3

x-advanced to second round
Yesterday's results
Auxerre 2, Ajax 1
AC Milan 2, Real Madrid 2
GROUP H

	GP	W	D	L	GF	GA	PTS
Arsenal	4	3	0	1	15	4	9
Shakhtar Donetsk	4	3	0	1	7	6	9
Braga	4	2	0	2	3	9	6
Partizan Belgrade	4	0	0	4	1	7	0

Yesterday's results
Partizan Belgrade 0, Braga 1
Shakhtar Donetsk 2, Arsenal 1

MLS PLAYOFFS

FIRST ROUND
Semifinals
(two-game aggregate goal total)
EASTERN CONFERENCE
New York vs. San Jose
(New York leads series 1-0)
Tonight's game
Second Leg
San Jose at New York, 8 p.m.
Columbus vs. Colorado
(Colorado leads series 1-0)
Saturday's game
Second Leg
Colorado at Columbus, 4 p.m.
WESTERN CONFERENCE
Los Angeles vs. Seattle
(Los Angeles leads series 1-0)
Sunday's game
Second Leg
Seattle at Los Angeles, 9 p.m.
Real Salt Lake vs. FC Dallas
(FC Dallas leads series 2-1)
Saturday's game
Second Leg
Dallas at Real Salt Lake, 10 p.m.

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
BOSTON RED SOX — Announced 3B Adrian Beltre has declined his 2011 option.
CLEVELAND INDIANS — Assigned INF Wes Hodges, OF Chad Huffman and INF Drew Sutton outright to Columbus (IL). Claimed INF Carlos Rivero off waivers from Philadelphia.
OAKLAND ATHLETICS — Exercised 2011 options on 2B Mark Ellis and OF Coco Crisp. Declined to exercise their option on 3B Eric Chavez.
SEATTLE MARINERS — Declined 2011 options on LHP Erik Bedard, DH Russell Branyan and 3B Jose Lopez.
TAMPA BAY RAYS — Declined 2011 options on INF Willy Aybar and RHP Dan Wheeler. Selected the contract of UT Elliot Johnson from Durham (IL).
TEXAS RANGERS — Declined the 2011 mutual option on DH Vladimir Guerrero.
NATIONAL LEAGUE
ARIZONA DIAMONDBACKS — Claimed RHP Brian Sweeney off waivers from Seattle.
ATLANTA BRAVES — Claimed INF/OF Joe Mather off waivers from St. Louis.
CHICAGO CUBS — Named Pat Listach bench coach and Dave Keller major league staff assistant. Announced Iowa (PCL) manager Ryne Sandberg will not return next season.
CINCINNATI REDS — Exercised 2011 options on RHP Bronson Arroyo and OF Jonny Gomes. Declined to exercise 2011 options on SS Orlando Cabrera and RHP Aaron Harang.
FLORIDA MARLINS — Signed manager Edwin Rodriguez to a contract extension through next season. Named Perry Hill first-base and infield coach and Jeffrey Urgelles bullpen coordinator.
LOS ANGELES DODGERS — Exercised a mutual 2011 option on OF Scott Podsednik. Declined to exercise a 2011 option on C Brad Ausmus.
NEW YORK METS — Exercised their 2011 option on SS Jose Reyes. Selected the contract of RHP Manny Alvarez from Buffalo (IL).
PITTSBURGH PIRATES — Agreed to terms with LHP Wil Ledezma on a one-year contract. Reinstated RHP Ross Ohlendorf, RHP Jose Ascanio and 1B Steve Pearce from the 60-day DL. Reinstated 1B Jeff Clement from the 60-day DL and assigned him outright to Indianapolis (IL). Assigned RHP Sean Gallagher, RHP Steven Jackson, OF Brandon Moss and LHP Justin Thomas outright to Indianapolis.
WASHINGTON NATIONALS — Declined their 2011 option on 2B Adam Kennedy.

FOOTBALL

NFL

LEAGUE OFFICE — Fined Tennessee S Donnie Nickey $2,500 for coming in contact with referee Bill Leavy during Sunday's game against San Diego. Fined Philadelphia LB Ernie Sims $50,000 for striking a defenseless receiver during the Oct. 24 game against Tennessee.
BUFFALO BILLS — Claimed LB Shawne Merriman off waivers from San Diego.
CAROLINA PANTHERS — Claimed LB Jason Williams off waivers from Dallas. Released LB Abdul Hodge.
MINNESOTA VIKINGS — Activated WR Sidney Rice from the physically-unable-to-perform list.
PITTSBURGH STEELERS — Signed DE Sunny Harris to the practice squad.
SEATTLE SEAHAWKS — Signed WR Ruvell Martin, DE Jay Richardson and C Chris White.
TENNESSEE TITANS — Claimed WR Randy Moss off waivers from Minnesota.

HOCKEY

NHL

ANAHEIM DUCKS — Recalled RW Kyle Palmieri from Syracuse (AHL).
LOS ANGELES KINGS — Assigned D Jake Muzzin to Manchester (AHL).
MINNESOTA WILD — Reassigned LW Colton Gillies to Houston (AHL).
MONTREAL CANADIENS — Reassigned F Hunter Bishop to Wheeling (ECHL).
ST. LOUIS BLUES — Placed D Carlo Colaiacovo on injured reserve. Recalled D Nathan Oystrick from Peoria (AHL).
TORONTO MAPLE LEAFS — Recalled D Korbinian Holzer from Toronto (AHL).

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
New England	6	1	0	.857	205	154
N.Y. Jets	5	2	0	.714	159	110
Miami	4	3	0	.571	133	149
Buffalo	0	7	0	.000	131	211
SOUTH						
Indianapolis	5	2	0	.714	193	142
Tennessee	5	3	0	.625	224	150
Houston	4	3	0	.571	170	197
Jacksonville	4	4	0	.500	165	226
NORTH						
Baltimore	5	2	0	.714	149	129
Pittsburgh	5	2	0	.714	147	102
Cleveland	2	5	0	.286	118	142
Cincinnati	2	5	0	.286	146	163
WEST						
Kansas City	5	2	0	.714	163	122
Oakland	4	4	0	.500	212	168
San Diego	3	5	0	.375	210	174
Denver	2	6	0	.250	154	223

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Giants	5	2	0	.714	175	153
Philadelphia	4	3	0	.571	172	157
Washington	4	4	0	.500	155	170
Dallas	1	6	0	.143	154	187
SOUTH						
Atlanta	5	2	0	.714	169	133
Tampa Bay	5	2	0	.714	136	163
New Orleans	5	3	0	.625	167	148
Carolina	1	6	0	.143	85	150
NORTH						
Green Bay	5	3	0	.625	176	136
Chicago	4	3	0	.571	126	114
Minnesota	2	5	0	.286	129	144
Detroit	2	5	0	.286	183	165
WEST						
Seattle	4	3	0	.571	123	140
St. Louis	4	4	0	.500	140	141
Arizona	3	4	0	.429	133	198
San Francisco	2	6	0	.250	137	178

WEEK NINE

Byes: Denver, Jacksonville, San Francisco, St. Louis, Tennessee, Washington
Sunday's games
(All times Eastern)
Chicago vs. Buffalo (at Toronto), 1 p.m.
N.Y. Jets at Detroit, 1 p.m.
Miami at Baltimore, 1 p.m.
San Diego at Houston, 1 p.m.
Tampa Bay at Atlanta, 1 p.m.
New Orleans at Carolina, 1 p.m.
New England at Cleveland, 1 p.m.
Arizona at Minnesota, 1 p.m.
N.Y. Giants at Seattle, 4:05 p.m.
Kansas City at Oakland, 4:15 p.m.
Indianapolis at Philadelphia, 4:15 p.m.
Dallas at Green Bay, 8:20 p.m.
Monday's game
Pittsburgh at Cincinnati, 8:30 p.m.

CFL

WEEK 19

EAST DIVISION	GP	W	L	T	PF	PA	Pt
y-Montreal	17	12	5	0	517	445	24
x-Hamilton	17	9	8	0	460	427	18
x-Toronto	17	8	9	0	343	438	16
Winnipeg	17	4	13	0	432	450	8
WEST DIVISION							
y-Calgary	17	12	5	0	591	427	24
x-Saskatchewan	17	9	8	0	466	465	18
Edmonton	17	7	10	0	359	514	14
B.C.	17	7	10	0	443	445	14

x — clinched playoff berth.
y — clinched division title.
Tomorrow's game
(All times Eastern)
Calgary at Winnipeg, 8 p.m.
Saturday's games
B.C. at Hamilton, 2 p.m.
Edmonton at Saskatchewan, 7 p.m.
Sunday's game
Toronto at Montreal, 4 p.m.
End of CFL Regular Season

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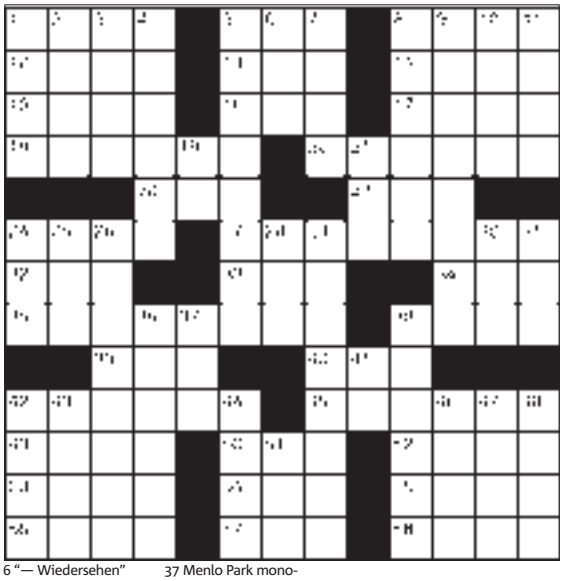
Crossword



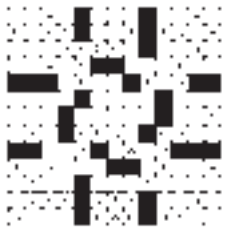
Across

1 New York Giants founder Tim
5 Petrol
8 Counterfeit
12 Tied
13 Skedaddle
14 Head light?
15 Forbidden act
16 Venusian vessel
17 Grandson of Eve
18 False
20 Razor inserts
22 Donkey
23 "Monty Python" opener
24 Hesitate
27 Branch
32 Yoko of music
33 Larry's pal
34 Long March leader
35 Slender cigar
38 Nil
39 Greek vowel
40 Shad product
42 Buckle or button
45 Grab
49 Reed instrument
50 In olden times
52 Traditional tales
53 Charitable donations
54 Energy
55 Exam format
56 Encounter
57 Away from WSW
58 Office part-timer

Down

1 Carte
2 Stratford's river
3 Landlord's due
4 Parka
5 Macabre
6 "— Wiedersehen"
7 Uppity one
8 Scabbard
9 Nice-looking
10 Lotion additive
11 Rolling stone's lack
19 "People" rival
21 Fleur-de- —
24 Jazz style
25 Literary collection
26 Isolated, and feeling it
28 Page no.
29 Arousing terror
30 Rowing need
31 Excessively
36 Swear (to)
37 Menlo Park monogram
38 Enthusiast, plus
41 Broadcasting
42 Lather
43 Competent
44 Church section
46 Ripped
47 Pull an all-nighter
48 Succor
51 Tonic mate

▶ Yesterday's answer



Sudoku

8				1		9	2	7
					9			4
		5		2	4	6		
1				6	7	4		
		6	2	5				9
		2	9	8		3		
6			1					
4	8	3		7				5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	6	1	3	9	5	2	8	4
5	4	9	7	8	2	1	6	3
2	3	8	1	6	4	9	5	7
3	8	2	5	4	6	7	9	1
4	1	5	9	3	7	6	2	8
6	9	7	2	1	8	3	4	5
1	7	6	4	5	9	8	3	2
9	2	4	8	7	3	5	1	6
8	5	3	6	2	1	4	7	9

Send a KISS

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NIBBLENOOSH

Dear Kkkkendra. You are my superhero. I love when we spend entire days together. Will you be my girlfriend? Hopefully from your future ball and chain.
BERTAUS
MAXIMUS

Kisses 2 the love of my life, i hope you have it in your heart to finally love me back, i will always be here for you,
LOVE AVALEA

Snookle-Bunny, You truly are my Hubbily-bubbily hunnikins, and I wuv you so much. I'm so glad we're going to spend the rest of our lives together building pillow forts and the like.
WUV,
YOUR BLUMPKINS

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 There is no reason to be too suspicious if someone makes you an offer today because the planets suggest they are on the level.

♉ Taurus April 21-May 21 Set your sights high today and keep them high right through tomorrow and the weekend. Some may say your goals are too tough but once you get started, your Taurus drive and determination will see you through to success.

♊ Gemini May 22-June 21 The most important thing today is that you stick with the task you are working on. Don't let other people tempt you off in a different direction. It's all about focus.

♋ Cancer June 22-July 22 If you ask for assistance you will be surprised how many people come running to help you. The reason is that you have helped them many times in the past.

♌ Leo July 23-Aug.23 Nothing in life happens by chance — each and every event is caught up in the great web of cause and effect. Bear that thought in mind today when a seemingly random event threatens to spoil your day.

♍ Virgo Aug. 24- Sept. 22 You may find it hard to be forceful today but that's okay because with Mercury, your ruler, on good terms with Jupiter, planet of joviality, the only thing you need more of in your life is fun.

♎ Libra Sept. 23-Oct. 23 There is more than one way to get your point across and if for some reason you don't get the chance to speak today you can still let others know how you feel by the look in your eye.

♏ Scorpio Oct. 24-Nov. 22 You seem to have the knack of doing the right thing in the right way at the right time, thanks to the Sun in your sign.

♐ Sagittarius Nov. 23-Dec. 21 Communications planet Mercury makes a perfect link to your ruler Jupiter today, so even the most tongue-tied Sag will get along with just about everyone. One individual may be a bit unforthcoming but don't waste your time worrying about them.

♑ Capricorn Dec. 22-Jan. 20 Your confidence may rise and fall alarmingly over the next 24 hours but it won't stop you pursuing your number one goal.

♒ Aquarius Jan. 21-Feb. 18 Have you taken on too much? Should you tone down your plans? "No" and "No" again are the answers to those two questions.

♓ Pisces Feb. 19-March 20 If you give certain people the impression that you are too easy-going today they might be tempted to take advantage of you. The moment you feel they are stepping over the line you must stop them as firmly as you can.

SALLY BROMPTON

Caption contest

DOMINIC FAVRE/KEYSTONE

"The doctor said I was sick but now I'm seeing polka dots."
CHRIS PREVOST

WIN!

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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Kanata, On 613-592-8883

GRADUATE REBATE PROGRAM

"The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. ◊Finance offers available O.A.C. from Hyundai Financial Services based on new 2011 Sonata models with an annual finance rate of 0.9% for 60 months. ‡Finance offers available O.A.C. from Hyundai Financial Services based on new 2011 Accent L 3 Dr 5-speed/2010 Elantra L 5-speed with an annual finance rate of 0%/0% for 84/84 months. Monthly payments are $161/$173. No down payment is required. Dealer participation of $500 for 2010 Elantra L 5-speed is included. Finance offers include Delivery and Destination of $1,495/$1,495, fees, levies, charges and all applicable taxes (excluding HST). Registration, insurance, PPSA and license fees are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2010 Elantra L 5-speed for $14,530 at 0% per annum equals $172.98 per month for 84 months for a total obligation of $14,530. Cash price is $14,530. Example price includes Delivery and Destination of $1,495, fees, levies, charges and all applicable taxes (excluding HST). Registration, insurance, PPSA and license fees are excluded. ¤†Starting prices for 2011 Accent L 3 Dr 5-speed/2010 Elantra L 5-speed/2011 Sonata GL 6-speed/2010 Santa Fe GL 2.4L 6-speed manual are $13,530/$14,530/$24,350/$21,895. Prices for models shown are: 2011 Accent GL 3Dr Sport/2010 Elantra Limited/2011 Sonata Limited/2010 Santa Fe Limited is $17,980/$23,080/$30,700/$35,695. Delivery and Destination charges of $1,600. ◊†•ΔΣOffers available for a limited time and subject to change or cancelation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ▲Fuel economy comparison based on combined fuel consumption rating for the 2011 Sonata GL 6-speed manual (7.35/100km and 2011 Energuide combined fuel consumption ratings for the full size vehicle class. Fuel consumption for the Sonata GL 6-speed manual (HWY 5.7L/100KM; City 8.7L/100KM) based on 2011 Energuide rating. Fuel economy figures are used for comparison purposes only. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. ▪Government 5-Star Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). The 5-star rating applies to all the trim levels of the 2011 Sonata produced after July 2, 2010. ∞Based on the September 2010 AIAMC report. ΔSee your dealer for eligible vehicles and full details on the Graduate Rebate Program. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.